

Safe Online, Strong Mind

Ages 9–13 • EcoBook.org



About this book

A simple guide to staying safe on phones and the internet.

Topics: Digital safety, Life skills

Print tip: This PDF is designed for low-ink printing. Try black & white if needed.

Scene 1

Nya uses a phone to learn and chat with classmates.

A message arrives from someone she doesn't know.

Illustration space (optional)

Scene 2

The message asks for a photo and her location.

Nya pauses and remembers: “Stop. Think. Check.”

Illustration space (optional)

Scene 3

She does not reply. She shows a trusted adult.

They block the account together.

Illustration space (optional)

Scene 4

Nya uses strong passwords: three words plus numbers.

She keeps them private and never shares codes.

Illustration space (optional)

Scene 5

Online is powerful for learning.

Safety helps us enjoy it with confidence.

Illustration space (optional)

Activity Page

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Try this:

Create a 'Safety Rules' card: 5 rules for your phone. Share with a friend.

Write / Draw: